

Par Core Lesson # 14 Staying Cool Using 4 R's

Coach Name: Lundy _____ Chapter: Indiana _____ Facility: Gongaware _____ Date: October 17, 2017 _____
 # of Coaches/Volunteers: 1 _____ # Participants: 2 _____ Age Range: 9-12 _____ Skill Level: Par _____
 PLAYer-to-Coach ratio: 2-1 _____ x Par 3 Par 4 Par 5 _____ # of Stations/# of Holes: 1 _____ On-course x Off-course _____
 Duration (mins.): _____ Equipment and supplies needed: Range Balls, Tic/Tac/Toe PVC, Old Flagsticks, Cones, Hula Hoops _____

Additional Notes: _____

Warm-up				
Time Allotted:: 5 Minutes		Location(s): Practice area		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives: Staying Cool when things are hard using the 4 R's Replay, Relax, Ready, Redo</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each category):</i>				
Strength Push Up	Flexibility/Mobility Toe Touches	Agility/Coordination Step on Feet on Ground	Balance Stand on One Foot	Object Control Balance Ball on Back of Hand
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				

Life Skills Experience			
Time Allotted: 40 Minutes		<i>List what players will learn in each component</i>	
LIFE SKILLS OBJECTIVE(S): STAYING COOL USING 4 R'S		GOLF SKILLS OBJECTIVE(S): Pitching	
<ul style="list-style-type: none"> Completing Game Using 4 R's (Replay, Relax, Ready, Redo) Not giving up, and how to move on to the next task 		<ul style="list-style-type: none"> L-Pitch-L to get ball into various targets on tic/tac/toe board Balanced Swing 	
Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i>			
<ul style="list-style-type: none"> How do you...how will you start the game? What will you do after your first shot? What happens when... What would happen if... ? 			
Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt <input type="checkbox"/> Chip x Pitch <input type="checkbox"/> Full-swing	<input type="checkbox"/> Distance-response <input type="checkbox"/> Target Awareness <input type="checkbox"/> Get Ready to Swing x Body Balance <input type="checkbox"/> Clubface and Ball Contact <input type="checkbox"/> Swing Rhythm Routines: <input type="checkbox"/> Preshot <input type="checkbox"/> Postshot <input type="checkbox"/> Ball Flight <input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection <input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment x Balanced finish <input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Swing tempo <input type="checkbox"/> Mental and emotional aspects <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Trajectory <input type="checkbox"/> Self-management	
Etiquette/Rules of Golf: Reacting after your shots, Teeing Ground, Playing Balls as it Lies, Using self control, Keeping track of score			
Healthy Habit—Physical: x Energy <input type="checkbox"/> Play <input type="checkbox"/> Safety			
<input type="checkbox"/> Other Healthy Habit(s):			

Wrap-up	Time Allotted: 10 minutes
Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life:	
<ol style="list-style-type: none"> 1. What did you experience today about...? 2. What did you LEARN about...? 	

3. How can what you learned today in school, at home and in other areas of your life off the golf course?

Warm-up (Identify location; activities; number of stations; equipment needed; rotation, etc.)

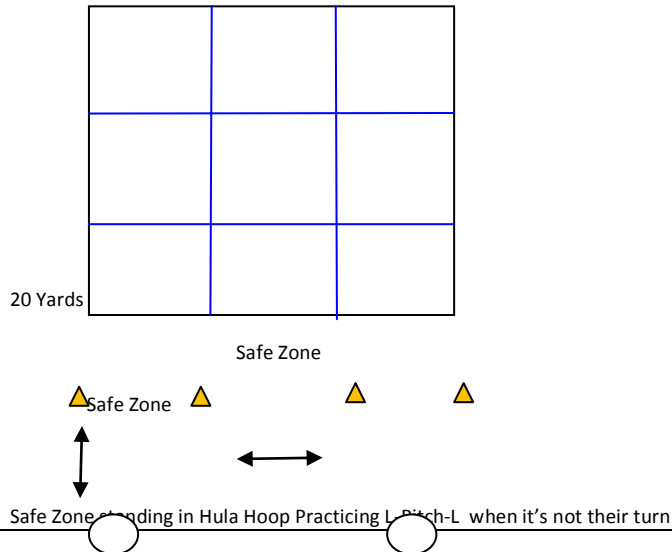
6:00-6:10	<p>Push Ups – Doing what you can</p> <p>Toe Touches – Working toward touching toes or more of the ground</p> <p>Walking on the Feet on the Ground – Taking each step one at a time</p> <p>One Legged Stands – starting over if you have to and doing better on the next try</p> <p>Balancing Ball on Back of Hand Relay - Maintaining good balance and speed to finish the task at hand.</p>
-----------	--

LIFE SKILL EXPERIENCE

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
6:10-6:50	<p>Welcome, today's goals and Warm Up</p> <p>Tic/Tac/Toe Game –</p> <ul style="list-style-type: none"> • Game 1 – tossing ball to get 3 in a row- What are squares called? (Targets) • Game 2 – pitching balls to get 3 in a row – Before game starts ask which clubs to use to use a pitching swing. Explain pitching swing using L-Pitch-L, person waiting for their turn can be inside hula hoop practicing their pitch swing and how much energy they're going to use and decide what target they're going for on the next shot • Game 3 – Coach picks the targets (4 corners, Diagonals only, only verticals)
6:50-7:00	<p>Wrap Up – Yardage Book on Staying Cool – What targets were hard to hit? What clubs did you use today and why? If we played the game again what would you do different? How did you use the 4 R's to approach the next chance you got? Were we successful after every decision we made? What can you do the next time?</p> <p>Give me a situation outside of golf where you would have to use the 4 R's? How did they work out for you? What would you change? Does everyone at your house stay cool? What make them not stay cool? How Can you help them stay cool the next time something happens?</p>

DIAGRAM: (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

If needed, attach diagram on separate sheet)



Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

What was GOOD? Something new and different, Understood the process between shots of using 4 R's, It was challenging but not impossible

What could have been BETTER? Still a little advance for the skill level of participants

HOW would I improve it next time? Move closer to the grid, spend some time at another station working hitting ball before game starts.